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IN PERSON: Conservative leader comes out swinging against 'Canada's elite'

'Political correctness on steroids'

metroTALKS TO PRIME MINISTER STEPHEN HARPER

Prime Minister Stephen Harper talks to Metro in Vaughan, Ont., on Tuesday. STEVEN GOETZ/METRO

Fernando Carneiro
Metro | Toronto

Stephen Harper says the world is full of danger. In a sit-down interview with Metro, the prime minister warned of international financial crises, pandemics, terrorists and, in a measured way, explained why Canadians can't have the kinder, gentler country the other leaders are promising.

Harper looked almost casual — the top button of his blue shirt undone — as he brought the hammer down on what he called "Canada's elite."

"Look, it's not that elite opinion doesn't matter — and in all matters expert opinion always counts — but you cannot govern well and you cannot govern properly unless you understand the values and realities of ordinary Canadians," Harper said.

He strongly criticized other parties for opposing stripping Canadian citizenship from people convicted of terror crimes.

"This is kind of elite political correctness on steroids," Harper said. "We can't have two classes of citizens. We can't have a class of people who are war criminals and convicted terrorists as opposed to everybody else.

"A Canadian citizenship means something."

Fear is a guiding factor for this leader. If the commonman look Harper adopted in this interview was forced, his "us versus them" message seemed genuine.

metro Full interview on page 9

PLUS: More on the election, pages 10 & 11

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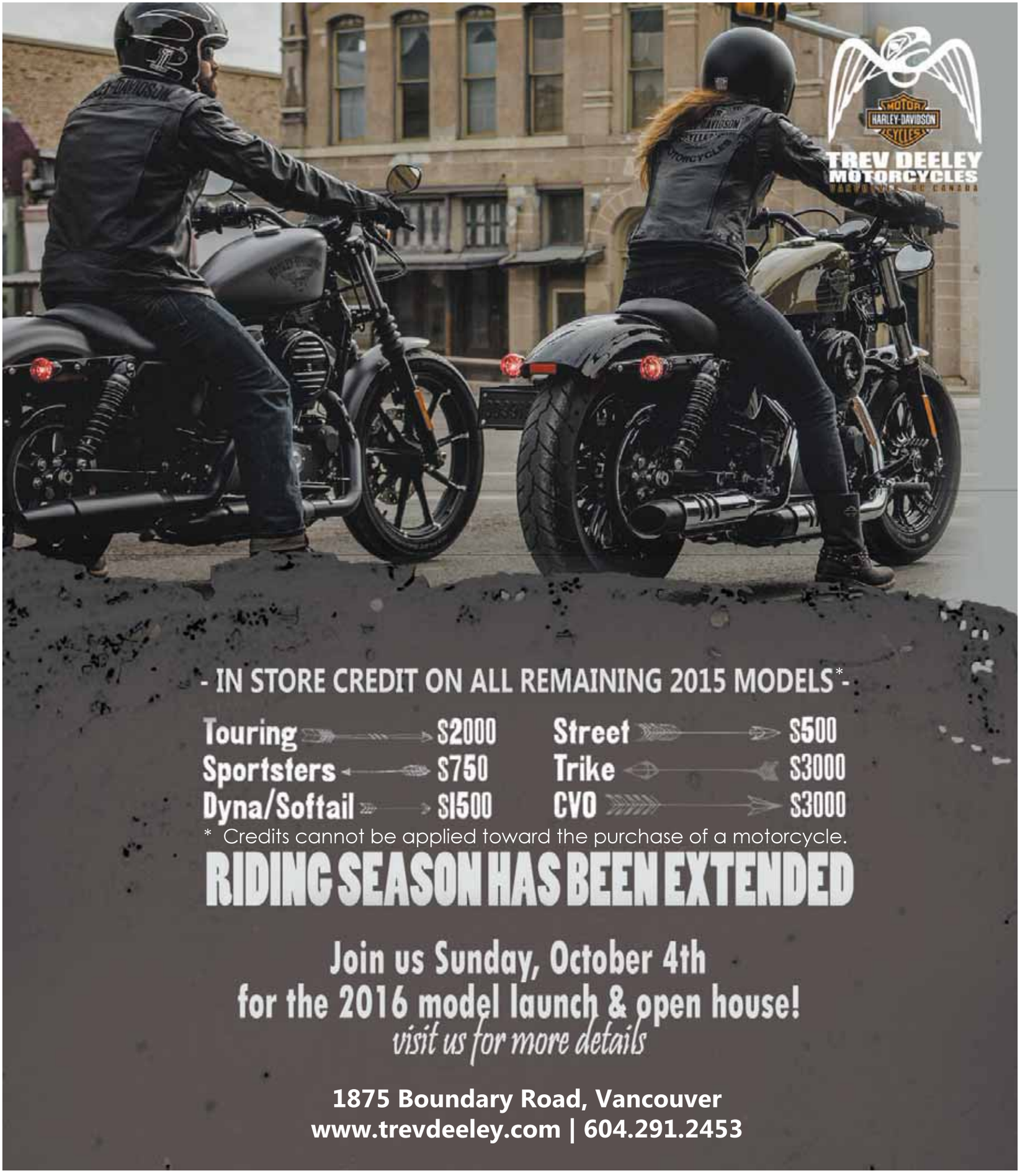
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Nepal mulls age and fitness restrictions on Everest climbing hopefuls. **World**

The public courtyard will have four access points. CONTRIBUTED

Design will include windows for natural light. CONTRIBUTED

The gallery's lobby will be below the public courtyard with a window overlooking a sunken garden. CONTRIBUTED

Herzog & de Meuron's rendering of the proposed new Vancouver Art Gallery at Larwill Park. CONTRIBUTED

Art gallery unveils new design

DEVELOPMENT

$200M still needed to make dream a reality

Emily Jackson
Metro | Vancouver

The Vancouver Art Gallery has finally unveiled its grand plans for a new museum made of stacked, wooden boxes that evoke images of Jenga or an inuksuk, a design intended to stand out from the homogeneous glass towers that have come to define the downtown peninsula.

Designed by Swiss architects Herzog & de Meuron, the new museum at Larwill Park would be nearly double the size of the old courthouse six blocks away. It would feature a 40,000 square-foot outdoor public courtyard framed by one-storey buildings, a 350-seat auditorium and more than twice the exhibition space.

Online reaction to the design was swift, with residents split between loving it (the wood structure was a hit for many) and despising it (the words "ugly" and "dated" were bandied about).

But the gallery is still more than $200 million away from making its $350-million dream a reality.

It has secured only 20 per cent of the funding thus far — $23 million from its board of trustees, director Kathleen Bartels announced Tuesday, and $50 million from the province in 2008.

The city also gave the land — a parking lot worth $100 million — on the condition the gallery raise $100 million from the federal government and an additional $50 million from the province by April.

It did not, and neither government has indicated any intention to foot the bill.

But Bartels, without naming who exactly is expected to pay how much, said she is confident the new gallery will open by 2021.

"We wouldn't be here today unveiling this design if we didn't feel completely confident we could realize the goal," Bartels said.

20%

The gallery has secured only 20 per cent of the funds it needs.

The early cash from the board, which chair Bruce Wright said is believed to be the largest philanthropic gift given to a Vancouver project of this kind, shows the commitment to the relocation, Bartels said.

She insists the project will stick to the $350-million budget despite rising construction costs.

More importantly, she said, the new gallery will be a civic gathering place and cultural destination that celebrates Vancouver's international renowned contemporary artists.

Artist Jeff Wall praised the wooden design for bringing back a B.C. material that has all but vanished from the downtown. Artists are "desperately optimistic" about the gallery, he said.

But art collector and condo king Bob Rennie, a staunch opponent of the project, is concerned the city is debating architecture rather than art.

"I haven't heard anybody talk about the art," Rennie said. "Where is the discussion about acquisition budgets and the contents rather than the box?"

Rennie, who is on the board for the Chicago Art Institute and the acquisition committee for the Tate Modern in London, also worries the massive price tag will make it harder for small and medium institutions to get donations.

Rennie, whose pitch for numerous art gallery locations was rejected in favour of the relocation, suggests the city sell the site and give the cash to the gallery to renovate its current home.

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TRANSLINK

COURT

Teen revealed pregnancy before death: Stepfather

A slain teen's stepfather struggled with emotion as he recounted one of the last messages from the girl he had known since she was two years old.

"'Dad, I have something to tell you — I'm pregnant,'" Glen Wilson testified Tuesday, recalling the text he received from CJ Fowler hours before she was found dead near a creek on Dec. 5, 2012.

Her airway had been crushed by a 25-kilogram concrete block.

Fowler's boyfriend Damien Taylor is on trial for second-degree murder.

"I said, 'I'm happy,'" Wilson told the jury about his 16-year-old stepdaughter. "But, Damien had to find a job and CJ would have to start school or do something."

When Taylor was 21, he moved into Wilson's home in Terrace to live with Fowler.

Wilson testified that Fowler called him "Dad" while Taylor referred to him as "Poppa."

Wilson told the jury he agreed to let Taylor move in.

"She wasn't going to school," he said of Fowler. "We tried getting her into school and tried to get Damien a job."

But neither attempt was successful. The two were "inseparable," Wilson said.

While he was worried the pair had too much time on their hands, trouble didn't start until a friend of Fowler's from Kamloops came to visit and stayed over in late November 2012.

Wilson said he came home from a trip to Kitimat to find Fowler and two friends high on what he guessed was a mixture of cocaine and chemicals.

Wilson kicked the friends out and Fowler left with them. She returned home days later, but told her stepfather she wanted to go to Kamloops with Taylor and her friends.

Less than a week later, beginning in the early evening of Dec. 4, 2012, Wilson said he texted back and forth with Fowler from 8 p.m. to the early hours of the next day, when she was killed.

Fowler told him she thought she was doing speed, or crystal meth, but her friend may have given her another drug.

Chest pains forced her to go to hospital. It was there that Fowler and Taylor were told she was pregnant.

As the trial opened Monday, prosecutor Alexandra Janse said the Crown will provide evidence, captured on video and from a witness, that the couple was arguing when they left the hospital.

The last text Wilson received from Fowler, at about 3 a.m. on Dec. 5, 2012, said, "I love you Dad. We miss you."

Wilson testified he tried to contact Fowler at about 8 a.m., texting her: "Are you awake?" There was no reply.

THE CANADIAN PRESS

Sixteen-year-old CJ Fowler's body was found at a creek in Kamloops in December 2012.

THE CANADIAN PRESS

A house in Vancouver's First Shaughnessy neighbourhood. JENNIFER GAUTHIER/METRO FILE

First Shaughnessy made a heritage area

HOUSING

Move is an effort to save pre-'40s homes

Emily Jackson
Metro | Vancouver

Homeowners are no longer allowed to demolish pre-1940s character houses in Vancouver's oldest and richest neighbourhood, First Shaughnessy.

Council voted Tuesday to name the district a heritage conservation area in order to preserve the heritage houses in the community known for its mansions and expansive green spaces.

It's the first time Vancouver has protected heritage with a large-scale zoning bylaw, a move that could hurt property values by up to 10 per cent. That amounts to an average of $600,000, considering the average sales price of a home is more than $6 million in the neighbourhood originally built by Canadian Pacific Rail in 1907 to lure people away from the increasingly crowded West End.

To offset the economic hit, the plan allows owners to build secondary suites, laneway houses, infill buildings and multiple-conversion dwellings. While that density may seem minor compared to other parts of town, some people opposed it at the public hearing.

"First Shaughnessy is one of our most historic neighbourhoods, and in a city as young as Vancouver it's important that we protect its unique heritage," Mayor Gregor Robertson said in a statement lauding the decision.

60

B.C. is home to 60 heritage conservation areas.

More than half of the 595 properties in First Shaughnessy were built before 1940, according to the city. And not all of their owners are pleased about council's controversial decision.

In a letter to council dated Sept. 15, Robert Miranda wrote his old house has never before warranted a heritage designation and pleaded with council not to designate the neighbourhood in one fell swoop. He wrote he would not hesitate to sue the city if the changes diminish his property value.

"Though Shaughnessy may contain a few nice old houses, it is not a museum. Rather, it is a living, continually changing environment," he wrote.

Others strongly supported the move.

"Our heritage buildings were built to last with mostly local materials and a high level of craftsmanship that cannot be replaced," Danielle Peacock wrote in a letter dated Sept. 15. "It is critical to keep these treasured resources out of the landfill."

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COURT

Home invader got comfy at ranch

He fed the cats, prepared a meal, shaved, showered and even took meat out of the freezer to thaw.

The only problem? Christopher Hiscock, 33, was not at home and didn't know the owners of a ranch where he became a bit too comfortable.

The Nova Scotia man pleaded guilty Monday to possession of stolen property and being unlawfully in a dwelling house stemming from a bizarre incident north of Kamloops.

Provincial court heard the residents of a ranch in Little Fort on the Yellowhead Highway returned home after a night out last week to find a stranger sitting on their couch with a cup of coffee.

"She found the accused in her home watching TV," Crown lawyer Mike Wong said.

"He had started a fire in the fireplace and prepared himself a meal. He said he had been driving by and the door was open, so he came in."

Hiscock had also helped himself to a truck in Ontario on his way to British Columbia, court heard.

"The accused appears to have done some laundry. He also fed the cats and put out some hay for the horses," Wong said. "He used (the residents') toothbrush and shaver, he had taken some meat out of the freezer to thaw and he had written in their diary."

"Today was my first full day at the ranch," he wrote in the diary. "I fed the cats and horses. So much I can do here I have to remind myself to just relax and take my time.

"I don't feel alone here, I guess with two cats and three horses it's kinda hard to be alone. Last night I had a fire in the house. It was so (peaceful). I slept like a little baby.

"I saw a picture in the basement on the wall of a man holding and weighing fish on a boat. Looking at him I realized we look a lot alike, but I think I'm more handsome."

The residents flagged down a passing police car and Hiscock was taken into custody.

Hiscock, who has no prior criminal record, apologized in court.

"I made a lot of mistakes," he said. "There's really no excuses for it."

He was still beaming about his brief stay at the ranch.

"Beautiful ranch," he said. "Gorgeous. I was driving and I just turned in. Beautiful place."

Judge Chris Cleaveley placed Hiscock on a one-year probation term. THE CANADIAN PRESS

Big data gets big attention from researchers, BCCLA

TECH

Surveillance trends the focus of $2.5M, 5-year project

Matt Kieltyka
Metro | Vancouver

Now is the time to scrutinize how governments and other organizations collect, mine and use citizens' data and the impact those practices have on fairness, privacy and democracy, according to the British Columbia Civil Liberties Association.

The BCCLA announced Tuesday it will participate in the biggest Canadian research project of its kind into the vulnerabilities created by so-called "big data."

The Big Data Surveillance Partnership, led by renowned Queen's University researcher David Lyon with a $2.5-million grant from the Social Sciences and Humanities Research Council of Canada, aims to track emerging surveillance trends over the next five years and examine how they impact people's lives.

Micheal Vonn, BCCLA policy director, said there has never been a more pressing time for the issue to be analyzed by academics.

> **We need to know what happens when government gets interested in automated decision making, which they are.**
> Micheal Vonn, BCCLA policy director

While Canadians generally understand that "the pipes are bugged" in the post-Edward Snowden world, the way big data can be used to track behaviour, gauge people's social and economic status, and even automate government functions and decision making is far more technical and far-reaching.

"These new tools have a dark side. People get socially sorted. It has huge impact on due process, rights and civil liberties," said Vonn.

She said the BCCLA will help steer researchers toward ongoing issues that civil society advocates and people are dealing with on the ground.

For example, she pointed to the provincial government's plan to create a B.C. Centre for Data Innovation.

The province believes the centre — using people's data collected by various ministries — could "support innovation and economic growth."

Vonn said the B.C. government clearly feels it is "sitting on a gold mine," but such data mining is fraught with red flags.

"It is happening. This is not hypothetical," said Vonn. "We need to make sure (the systems) work and are fair."

EMPIRE FIELDS VIEW FROM THE NOT-SO-CHEAP SEATS The Vancouver Park Board has approved "Home and Away," a $450,000 art installation at Empire Fields in East Vancouver. The bright, 14.6-metre sculpture, which was delayed out of fears that the public was not properly consulted, is designed to look like bleachers. It is funded from the city's capital budget and will be installed in 2016. CONTRIBUTED

PRINCE RUPERT

Depression cited at inquest into deaths

An inquest in Prince Rupert has heard a mother was battling depression and a lack of support when she killed herself and her severely disabled son in their north coast home.

The hearing began Monday examining the April 3, 2014, death of severely autistic Robert Robinson, 16, and the suicide of his 39-year-old mother, Angie Robinson.

The sister of the dead woman, Michelle Watson, testified about the 39-year-old's mental health struggles, problems with a past abusive relationship, and difficulties in finding services or receiving support while raising Robert.

The teen was diagnosed with autism at the age of three, and Watson told the jury he would often try to hurt himself by butting his head into walls or breaking windows if he was startled.

A relief worker who handled Robert's case told the jury the youth was generally happy. THE CANADIAN PRESS

IN BRIEF

Safe-cracking crook lands hefty ATM haul

Mounties in Vernon aren't sure if they are dealing with a professional safe cracker or a really lucky thief.

Const. Jocelyn Noseworthy says someone broke into the drive-thru automated teller kiosk at the Interior Savings Credit Union last Thursday night.

She says the suspect somehow managed to open the safe. He made off with more than $52,000. THE CANADIAN PRESS

FINANCE

New B.C. pension standards coming

The British Columbia government is announcing new standards for workplace pension plans, creating options that could be activated even before an employee retires.

The province says modernized standards will improve security and options for more than 900,000 residents covered by employer-sponsored pension plans.

The changes govern all employment pension plans registered in B.C., as well as those registered elsewhere that have members employed in the province.

They include greater access to locked-in retirement accounts such as locked-in RRSPs or life income funds.

The cash can now be accessed for specific reasons of financial hardship, including the inability to pay medical expenses and threat of eviction or mortgage default.

Revisions also harmonize pension standards between Alberta and B.C. THE CANADIAN PRESS

RICHMOND

Alleged school sex assault investigated

Thandi Fletcher
Metro | Vancouver

Mounties in Richmond are searching for a man who allegedly sexually assaulted a female student while she was walking to school Tuesday morning.

The incident happened sometime between 7:30 a.m. and 7:50 a.m. outside R.C. Palmer Secondary School, according to Richmond RCMP.

Police said the girl was about to enter the school when a man approached her and allegedly groped her before exposing himself and fleeing the scene.

"We encourage parents and students to be vigilant and report any suspicious activity to the police immediately," Cpl. Dave Edge of the Richmond RCMP Youth Section said in a news release. "We are looking for any information you may have to assist us in our investigation."

The man is described as white, about 40 years old, between five-foot-seven and five-foot-eight with a medium build, a long dark beard and moustache that is possibly red or brown in colour, bushy eyebrows and dark hair.

Police said he was wearing dark pants, a grey or dark-coloured hoodie, and a beanie-style toque at the time of the alleged assault, and may have been driving a light blue older model sedan.

Police said they are developing a forensic composite sketch that will be released when it is available.

Anyone with information about the incident is asked to call Richmond RCMP.

TRAGEDY

Woman trapped in donation bin dies

Ridge Meadows RCMP confirm a tragic ending to a strange rescue in the Vancouver-area suburb.

A Twitter post from the detachment confirms a 45-year-old homeless woman has died after being pulled from a clothing donation bin at a mall in Pitt Meadows, east of Vancouver.

The victim was having trouble breathing and was taken to hospital Sunday night, after firefighters cut the bin open to pull her out.

Police say the woman had apparently been leaning into the bin through its small raised opening when she fell inside and became stuck, upside down.

Firefighters used the Jaws of Life to rescue a woman from this donation bin on Sunday night. METRO FILE

It wasn't known how long she was suspended in that position for before help arrived.

Her name has not been released.

THE CANADIAN PRESS

B.C. shifts blame for teen's death: Group

ALEX GERVAIS

Government care of kids faces harsh criticism

Premier Christy Clark is facing mounting criticism for accusing an aboriginal agency of making a "real mistake" that led to the death of a young man in government care outside a hotel.

The agency, First Nations leaders and the provincial children's representative all decried the premier's comments, which she made while a review of the death is still underway.

"We're walking through fire here and we need to walk through it together," said Gwen Point, board chair of the Fraser Valley Aboriginal Children and Family Services Society.

"You can't turn around and blame somebody for something. Everybody's got to take responsibility."

The premier told reporters on Friday the agency violated policy when it didn't tell the Children's Ministry that 18-year-old Alex Gervais was being housed alone in an Abbotsford hotel.

While Clark added there shouldn't be a rush to judgment until all the facts are known, she said the agency's "mistake" had tragic outcomes and promised it would face consequences.

The teen fell from the hotel's fourth-floor window on Sept. 18. Children's representative Mary Ellen Turpel-Lafond said it's believed the young aboriginal man killed himself.

In response to the premier's comments, Turpel-Lafond said the province bears responsibility for handing off Gervais to an under-funded agency after it closed his group home for health and safety reasons.

Alex Gervais, 18, died after falling from the fourth floor of an Abbotsford hotel on Sept. 18. FACEBOOK

"(The agency) got nothing special to meet the needs of this young person. They had nowhere to put him," she said. "If you're going to point one finger at this agency, you should be well aware that there are four pointing right back at you."

The Fraser Valley agency is one of several in B.C. authorized to provide child protection services through an agreement with the province.

The agency has faced controversy in the past, including in 2002 when two-year-old Chassidy Whitford was killed by her father while under its protection. A provincial review found the girl was allowed to continue living with the man despite unexplained injuries.

Doug Kelly, one of the agency's founders and now chair of the First Nations Health Council, said the organization had been improving over the past decade but the premier's "ill-advised" comments would hurt that progress.

> **It's a sham. It's a joke. It's a travesty. It's politics of the worst kind around the death of a child.**
> Doug Kelly

Clark did not immediately respond to a request for comment. She is expected to face questioning on the issue from the Opposition New Democrats in the legislature Wednesday.

Children's Minister Stephanie Cadieux has dismissed the NDP's demands that she resign. Her ministry has been plagued by controversies, including the drug overdose death of a 19-year-old aboriginal teen, identified only as Paige, who had recently aged out of the care system.

The ministry said in a statement Tuesday that it has clear procedures that staff at delegated agencies are expected to follow and the review will determine whether that was done.

The Fraser Valley society called on the ministry to work with it to prevent similar tragedies. It demanded proper residential placements for youth who need extensive support, with a strong aboriginal healing focus and trained First Nations staff.

One aboriginal leader, Cheryl Casimir of the First Nations Summit, said that ultimately the people responsible for handling Gervais's file should face criminal charges.

"It can't just keep happening again," she said.

THE CANADIAN PRESS

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ELECTION 2015 **METROTALKS STEPHEN HARPER** interviewed by Jessica Smith Cross

'We have a plan for the next four years'

Prime Minister Stephen Harper sits down with Metro reporter Jessica Smith Cross on Tuesday. STEVEN GOETZ/METRO

Metro: According to under-50 lobby group Generation Squeeze, Canadians aged 25 to 34 earn, on average, $4,200 less in their full-time jobs than their counterparts did in the late 1970s — and that's in equivalent dollars. What can the federal government do to help young people be at least as financially successful as their parents' generation?

Prime Minister Stephen Harper: We're obviously living in an age of unprecedented global instability. We now have had, what's it, seven years of ongoing economic and financial crisis across the globe. In that period, Canada has had the best job creation, growth, you name it, across the G7 countries. We believe we have a plan for the next four years to keep moving us forward on that, making sure we continue to reduce taxes for people, we make investments, large-scale investments, that we can afford and do so within a balanced budget. And we believe that if we stay on that track the economic prospects in this country are better than anywhere else.

Metro: People my age (millennials) fear, when it comes to refugees, Canada has become a meaner country. Others fear that if we accept too many Syrian refugees, Islamic State of Iraq and the Levant (ISIL, or ISIS) extremists will enter with them. Is that a real threat?

Harper: Per capita, we are the largest refugee resettlement country in the world. But, at the same time, we've also made clear that we're going to make sure we select people who are genuinely refugees. Organizations like ISIS are planning attacks around the world. There's absolutely no doubt that they are planning attacks. There is absolutely no doubt that they will use migrant flows to try to move people. That said, no one should think for a second that most of the people who are coming are not people doing it for their own reasons; either they're refugees or they're seeking better economic opportunity or they're under humanitarian stress. A tiny percentage of those would likely be a potential terrorist, but they do exist.

Metro: You came to politics as a reformer. What's left for you to change?

Harper: We now want to make sure we secure our economic framework, that we retain our balanced budget, that we make the investments we need to make to really realize the potential and the opportunities of our economy.

Metro: How will Canadian cities look under another four years of your leadership?

Harper: Unlike most of the most developed economies, all of the major developed economies, our average infrastructure age in Canada has actually started to come down a little bit. Theirs is actually rising. We have an opportunity here to make these investments, and we are doing so, without borrowing money, without raising people's taxes.

Metro: If you had a time machine and had the opportunity to go back, what are three piece of advice you would give your younger self?

Harper: I guess if I could say one thing, it's that you don't know what's coming next. Particularly in this age of a global economy. Anything that happens in the world has immediate effects on us. And I'm not just talking about financial crises, refugee crises, the outbreak of a pandemic. Everything in the world can affect us at any moment. The government has to know where it's going. It has to have its fundamentals down, it has to be prepared to adapt.

When there is no reason to keep citizenship, then there's every reason why it should be taken away.

You need to have a philosophy of government, where you're leading. We've been clear where we're leading. A government that's lean, where taxes are low, where we don't create jobs directly but we work closely with economic actors to make sure we have a good environment to create jobs. If you have no philosophy, you will just be anchorless and rudderless. Nobody looks at Canada and thinks that. You can look at a lot of other countries and think that. But I don't think people think that about this country.

Metro: We've heard you make many comments that don't seem positive about elites. What do you think has changed them?

Harper: It's not that elite opinion doesn't matter. It all matters. Expert opinion always counts. But you cannot govern well, and you cannot govern properly, unless you understand the values and realities of ordinary Canadians. You have the other parties opposing, the fact that we now allow the taking way of citizenship from people convicted of terrorist offences. And I listened to the rationales for their positions. And this is elite political correctness on steroids. We can't have two classes of citizens ... We can't have a class of people who are war criminals and convicted terrorists, as opposed to everyone else.

Our Canadian citizenship means something, and if someone, as we just had recently, someone is convicted of trying to plan the most horrific terrorist plot in Canada — it's something that if carried off would have created a 9-11 in downtown Toronto — if we can't take away the citizenship of that person when we're perfectly able to do so, why, what is it our country stands for, exactly? This is a case where I think you've got elite opinion completely divorced to what ordinary people think and understand. You know, not only on security matters, but we are not a country where we want to have in our midst people who want destroy our friends and neighbours.

There's some elements of elite opinion who just kind of oppose military intervention, oppose working with our allies, as a matter of principal. How does that help Canadians? Canadians understand that if we don't put military pressure on (ISIS), they are actually going to plan attacks on us. And they will. And if we're not there, it's going to be worse, not better.

Metro: Would you take away the citizenship of terrorists who only had Canadian citizenship, if you could?

Harper: Well you can't do that because you can't render people stateless.

Metro: Would you want to?

Harper: You can't render people stateless in international law, but when there is no reason to keep citizenship, then there's every reason why it should be taken away.

HARPER TO HARPER

What would this guy... ...say to this guy?

Q. If you had a time machine, what advice would you would give your younger self?

NUMBER ONE. "You don't know what's coming next. Particularly in this age of a global economy. Anything that happens in the world has immediate effects on us."

NUMBER TWO. "You need to have a philosophy. In rapidly changing times, if you have no philosophy, you will just be anchorless and rudderless."

READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

VOTER PROFILE

Name: Jessica Wilson-Frenken **Age:** 30 **Riding:** Ottawa Centre
Her issues: Child care, affordable housing, the environment

Seeking an end to the 'fog of disinformation'

ROSEMARY WESTWOOD
in Ottawa

Jessica Wilson-Frenken sits surrounded by delicate bowls, linen tea towels and other hand-crafted, hand-picked items at her lifestyle store, Goods, near Ottawa's ByWard Market.

"I will cry, for sure. I will be brought to tears," the 30-year-old says of another Conservative victory. She laughs, but she's not kidding.

We're meeting on the eve of the foreign policy debate, one of the issues that is driving Wilson-Frenken's "anyone but Harper" vote, which looks to be bound for the incumbent NDP candidate in Ottawa Centre, Paul Dewar. "I'm pretty pro-NDP right now," she says.

She ranks this election as "very important. I'm getting so wrapped up in it."

This is a big-picture election for Wilson-Frenken, not about small measures that might affect her, but issues that define the country.

It's about building a Canada her children — 6 and 3 years old — can be proud of. "The Canada that I grew up being super proud of is vanishing," she says.

This past Canada Day, she stopped to wonder what exactly she was celebrating. "It was emotional."

She's not concerned with small-business tax breaks, having launched her store in March mainly out of a desire to support local artists and chat with people who pop in. She's wondered how much her sales are tied into a stable public-service workforce in Ottawa, but her vote will be based on other concerns.

Chief among them are so-called "women's issues": child care, affordable housing, wage equality, a murdered and missing indigenous women's inquiry.

On foreign policy, she wants to see a Canada that more readily welcomes refugees.

She's hoping for a strong environmental leader in the next prime minister. While she says that folder is perhaps best represented by Elizabeth May, Wilson-Frenken also supports the NDP's environmental platform.

As for leader Tom Mulcair, "I trust him," she says.

She calls the Conservatives' campaign so far a "fog of disinformation."

"I don't know what they've actually done. I don't feel like I can get to the sources when they're saying, these are the things they've accomplished. I don't trust them at all."

Rosemary Westwood is travelling across the country talking to young voters. On Thursday she'll be in Ottawa.

On the lookout for affordable daycare

Electorate opens dialogue on viable child care strategies

Lucy Scholey
Metro | Ottawa

Steven Goetz
Metro | Toronto

It's the modern-day catch-22 for many working parents.

To settle for one of the limited affordable daycare spots or have one parent quit a job to take care of the kids?

Often the stay-at-home task falls on mom's shoulders. And it shouldn't, says Martha Friendly, founder and executive director of the Child Care Resource and Research Unit, which is working to secure affordable, quality daycare for all families.

"Women are well-educated and are an important part of the labour force, and child care is an important factor if we want women to participate in the workforce," said Friendly.

A national daycare strategy has been on and off the federal parties' platforms since the 1970s. Paul Martin all but secured a national child-care program in 2004, before Prime Minister Stephen Harper won the 2006 election and scrapped the plan.

This election campaign, only the New Democrats have explicitly promised an "affordable universal national child care program."

Last April, there were 3,242 children on the waiting list for a child care subsidy in the City of Ottawa. Even new working parents who don't qualify for the subsidy, like public relations consultant Cynthia Waldmeier, have struggled with finding a spot.

When Waldmeier learned she was pregnant, she immediately signed up for the city's competitive centralized childcare list — even before sharing the exciting news with her parents.

Because many centres in the city start accepting children at 18 months old, finding an early daycare spot proved difficult. They settled for a centre that charged $1,900 a month, which was more than their mortgage payments, but worth it for the short term. Her advice for the federal party leaders: Meet the daycare demand.

BY THE NUMBERS

Child care: Can we afford it?

Dead last
Canada's rank among 25 industrialized countries rated by the OECD for the quality and accessibility of their child care programs

48%
Proportion of earnings that low-income, single-parent Canadian families spend on child care

$11 Billion
Estimated annual cost of a subsidized national daycare program that would cost **$10 a day** and be free for those earning less than **$40,000** a year

150%
The minimum estimated return, in federal and provincial tax revenue, on every dollar spent on a Canada-wide plan:

SOURCES: ORGANIZATION FOR ECONOMIC CO-OPERATION & DEVELOPMENT, TD BANK

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STATSCAN

Seniors outnumber kids for first time

Canada's seniors have edged out the number of children under the age of 15, according to the latest population figures that experts say contain further evidence of a long-projected shift in the country's demographic makeup.

The latest round of data released by Statistics Canada on Tuesday show seniors made up 16.1 per cent of Canada's population as of July 1, 2015, compared to 16 per cent for children aged zero to 14.

The figures show a fundamental shift in Canada's composition and signal that the time to confront looming challenges is at hand, said Amanda Grenier, director of McMaster University's Gilbrea Centre for Studies in Aging.

Grenier said Canadian policymakers need to emulate policymakers around the world by reconsidering "how to organize society" to cater to the needs of an aging population.

StatsCan said the figures were driven by a trend that took root in 2011 and has accelerated — the aging of the baby boomers, or Canadians born from 1946 to 1965. THE CANADIAN PRESS

They're still fairly young seniors.

Demographer David Foot on the baby boomers

HEALTH

Medical marijuana safe, effective: Study

Medical cannabis appears to be reasonably safe as well as effective in helping to relieve chronic pain — at least in patients who have previously used the drug, a study has found.

The benchmark study, conducted at seven pain-management clinics across Canada, found that patients who used medical marijuana to treat chronic pain had a similar level of serious side effects as those not using the herb.

Principal investigator Dr. Mark Ware said researchers found no difference in the rates of serious pot-related adverse events — including the need for hospitalization or death — between the two groups during a year of monitoring patients.

The study did find that patients in the cannabis group had an increased rate of mild to moderate side effects compared to those in the non-using control group, such as headache, nausea, drowsiness and dizziness, but those were expected, Ware said Tuesday from Montreal.

Researchers also measured changes in pain, mood and quality of life among the patients.

"We found that both groups improved over time," he said. "But the cannabis users actually improved significantly more than the control group." THE CANADIAN PRESS

NDP slams Liberals on First Nations math

ELECTION 2015

Costing for education plan doesn't work, says Angus

The federal NDP is questioning the way the Liberals have costed their $2.6-billion pledge for First Nations education, saying the party has promised to top up a Conservative promise that no longer exists.

Ontario NDP candidate Charlie Angus, a longtime advocate for First Nations issues, said the Grit costing documents include a $1.7-billion shortfall.

"I'm actually very let down that Justin (Trudeau) played this game because I thought it was a strong benchmark," Angus said in a phone interview.

Trudeau defended his party's numbers Tuesday at a campaign stop in Winnipeg.

"We have been very clear on this from the initial announcement up to our costing platform," Trudeau said.

"The federal government, under Stephen Harper, announced funding for First Nations education … that it had actually never spent. It is money that exists within the current budgetary framework but has not been spent yet on First Nations education."

Trudeau said his party intends to top up the unspent money with "hundreds of millions of dollars more every year" to ensure First Nations education is properly funded.

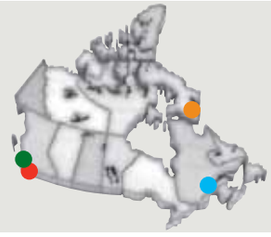
But Angus said the math still doesn't add up.

"The Conservatives promised that money and pulled it back, so it's not there," Angus said.

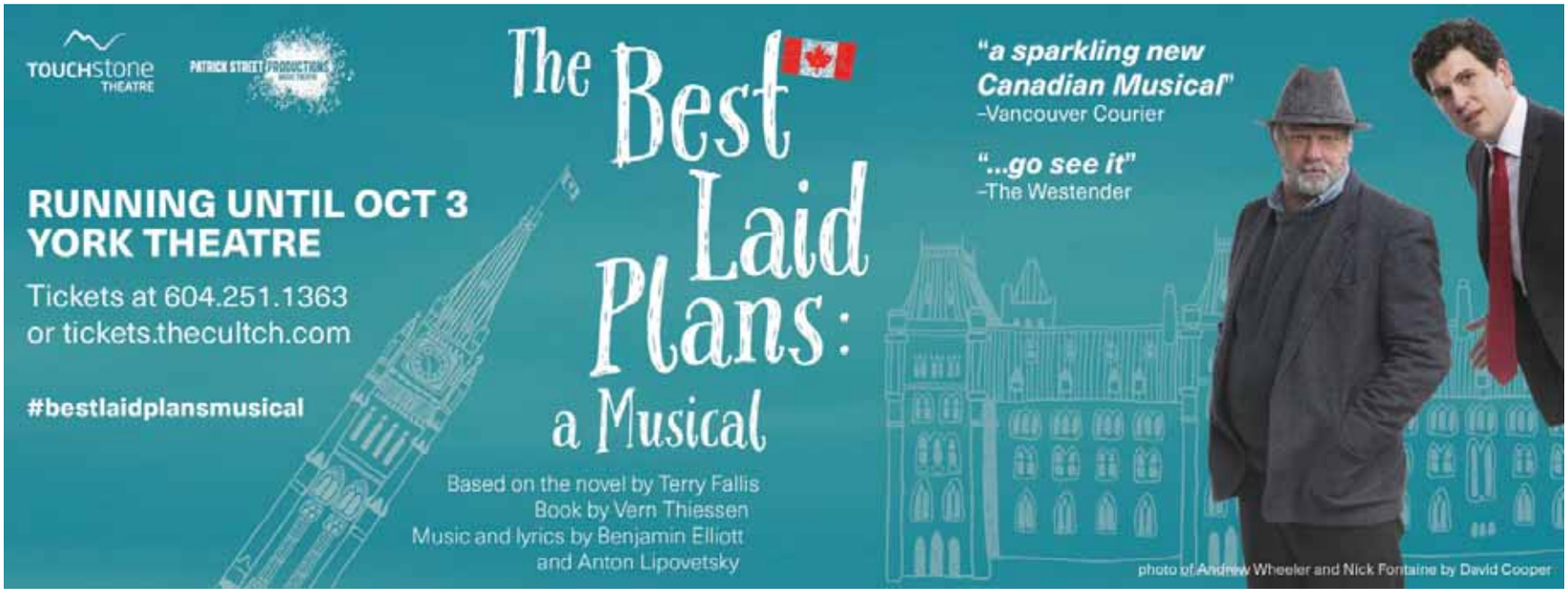
"He's counting a broken promise as financial numbers. So Conservative broken promise, Liberal broken promise.... We need to actually see the dollars so we can build these schools." THE CANADIAN PRESS

Liberal Leader Justin Trudeau tours electric transformer manufacturer Carte International on Tuesday in Winnipeg. NDP criticism has forced Trudeau to defend his funding strategy. PAUL CHIASSON/THE CANADIAN PRESS

WHERE THE LEADERS ARE WEDNESDAY



- **Stephen Harper** will be in Quebec City.
- **Justin Trudeau** will be in Surrey.
- **Tom Mulcair** will be in Iqaluit.
- **Elizabeth May** will be in Burnaby.



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Obama sees long fight

TERRORISM

World leaders meet at UN to discuss how to defeat ISIL

Cuban President Raul Castro talks with U.S. President Barack Obama before a bilateral meeting, Tuesday, at the United Nations headquarters in New York. ANDREW HARNIK/THE ASSOCIATED PRESS

U.S. President Barack Obama on Tuesday pledged all possible tools — military, intelligence and economic — to defeat the Islamic State of Iraq and Levant (ISIL), but acknowledged the extremist group has taken root in Syria and Iraq, is resilient and continues to expand.

Obama hosted a UN gathering of world leaders working to expand the battle against terrorism, a day after he and the leaders of Russia, China and Iran addressed the General Assembly during its 70th anniversary.

The fight against terrorism, particularly in Syria, has seized the attention of top officials, but there has been no overall agreement on how to end the conflict there.

"I have repeatedly said that our approach will take time. This is not an easy task," Obama cautioned, while adding that he was "ultimately optimistic" the brutal organization would be defeated because it has nothing to offer but suffering and death.

"This is a long-term campaign — not only against this particular network, but against its ideology," he said.

Meanwhile, making good on a pledge to change U.S. posture toward Cuba, Obama held talks with Cuban President Raul Castro, the second time the leaders of the once-estranged nations have met this year.

Obama and Castro smiled and shook hands before beginning their private talk on the sidelines of the annual gathering of world leaders at the United Nations.

The White House said the leaders discussed additional steps each government can take to deepen co-operation.

THE ASSOCIATED PRESS

MOUNT EVEREST

Nepal looks at age, experience curbs

Nepal is considering placing new age and fitness restrictions on people who want to climb Mount Everest, officials said Tuesday, as the country looks to enhance safety on the mountain after several disasters in recent years.

The government is mulling barring people under 18 and over 75, as well as those with disabilities, said Mohan Sapkota, a spokesman for the Himalayan country's ministry of tourism. The new rules could also require that climbers attempting to scale the 8,850-metre mountain have experience on medium-size peaks.

"We are discussing the ways to promote safety for mountaineers. The mountain should not be the place for people to die. It should be a place for adventure," Sapkota said, adding that the government's deliberations were at a very preliminary stage.

Everest climbing permits earn Nepal, an impoverished nation, millions of dollars a year, but the government has come under criticism after a series of disasters over the past few years. Officials have also been blamed for granting too many permits.

Trekkers walk towards Everest base camp in Nepal. THE ASSOCIATED PRESS FILE

Nepal currently bars people under 16 from attempting to climb Everest, but has no upper age limit. The oldest person to scale the peak was an 80-year-old Japanese climber.

The youngest to reach the top of the world's highest mountain was 13-year-old American Jordan Romero, who did it in 2010. But Romero climbed from the Tibet side at a time when China imposed no age restrictions on climbers.

THE ASSOCIATED PRESS

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King Tut lies at the Valley of the Kings in Luxor, Egypt. NARIMAN EL-MOFTY/THE ASSOCIATED PRESS

Tut's tomb may also contain queen

EGYPTOLOGY

High-resolution images reveal hints of hidden chambers

King Tut's tomb may contain hidden chambers, Egypt's antiquities minister said Tuesday, lending support to a new theory that a queen may be buried in the walls of the 3,300-year-old pharaonic mausoleum.

While touring the burial sites of Tutankhamun and other pharaohs in Egypt's famed Valley of the Kings, Minister Mamdouh el-Damaty said he will seek final approval for the radar inspection of the tomb.

El-Damaty was visiting Luxor with British Egyptologist Nicholas Reeves, who recently theorized that Tutankhamun, popularly known as King Tut, who died at the age of 19, may have been rushed into an outer chamber of what was originally the tomb of Queen Nefertiti.

He said high-resolution images of what is known as King Tut's tomb "revealed several very interesting features which look not at all natural, features like very, very straight lines which are 90 degrees to the ground, positioned so as to correspond with other features within the tomb."

These features are difficult to capture with the naked eye, he said.

Reeves said the plastered walls could conceal two unexplored doorways, one of which perhaps leads to Nefertiti's tomb. He also argues that the design of the tomb suggests it was built for a queen, rather than a king.

"I agree with him that there's probably something behind the walls," el-Damaty said. But he said if anyone is buried there it is likely Kia, believed by some Egyptologists to be King Tut's mother.

Nefertiti, who was famed for her beauty and was the subject of a famous 3,300-year-old bust, was the primary wife of the Pharaoh Akhenaten, who introduced an early form of monotheism. Akhenaten was succeeded by a pharaoh referred to as Smenkhare and then Tut, who is widely believed to have been Akhenaten's son.

Reeves argues that Smenkhare is actually Nefertiti.

"Nefertiti disappears ... according to the latest inscriptions just being found," said Reeves, explaining his theory inside King Tut's tomb.

"I think that Nefertiti didn't disappear, she simply changed her name."

After Nefertiti died, Tut was responsible for burying her, and then when he died someone decided to extend the tomb, Reeves suggested.

"I think since Nefertiti had been buried a decade before, they remembered that tomb was there and they thought, well, perhaps we can extend it," he said.

Any discovery would provide more information about this turbulent time in ancient Egypt. THE ASSOCIATED PRESS

> **Akhenaten's family is full of secrets and historical issues that have yet to be resolved.**
> Antiquities Minister Mamdouh el-Damaty

IN BRIEF

Convicted Al Jazeera journalists seek pardon
Three journalists convicted of aiding a terrorist organization while covering Egyptian unrest for Al Jazeera are appealing to Egypt's president to pardon them.

Last week, Egyptian President Abdel-Fattah el-Sisi pardoned other journalists still in Egypt who had been found guilty of broadcasting what authorities called false reports. THE ASSOCIATED PRESS

Elephants, crocodiles blamed for seven deaths
Beware of the wildlife.

Elephants and crocodiles have killed seven people in separate incidents over a seven-week period in and around a wildlife park in Malawi, the park's managers said. African Parks, a Johannesburg-based group, on Monday attributed the deaths in Liwonde National Park primarily to the fact that the reserve is unfenced and also to the illegal entry of poachers. THE ASSOCIATED PRESS

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Google unveils two new phones

TECHNOLOGY

Upgraded Now personal assistant rivals iPhone's Siri

Google is countering the release of Apple's latest iPhones with two devices running on a new version of Android software designed to steer and document even more of its users' lives.

The Nexus 6P and Nexus 5X unveiled Tuesday are the first smartphones sold with an Android upgrade called Marshmallow.

It features changes that will give expanded powers to Android's personal assistant, Google Now, so it can explore the information that people call up in the mobile applications.

The Marshmallow version of Android enables users to summon Google Now to scan whatever content might be on a mobile device's screen so it can present pertinent information about the topic of a text, a song, a video clip or an article.

The new Android feature, called Now on Tap, will scan the screen in an attempt to figure out how to be the most helpful.

Apple's new operating system also has programmed the iPhone's Siri assistant to be more intuitive so it can anticipate what the user might want or need before being explicitly asked.

Google began taking preorders for the Nexus phones in the U.S., United Kingdom, Ireland and Japan on Tuesday, with prices for the 6P starting at $499 US and $379 US for the 5X with no commitment to a wireless contract required. They are expected to start shipping by mid-October.

The debut of the latest Nexus phones underscores the steadily intensifying rivalry between Google and Apple as they duel for consumers' loyalty in the increasingly important mobile device market.

THE ASSOCIATED PRESS

Dave Burke, vice-president of engineering at Google, speaks about the new Google Nexus 6P smartphone during an event on Tuesday in San Francisco, Calif. THE ASSOCIATED PRESS

The Nexus 6P smartphone.
COURTESY GOOGLE.COM

BOARDS

CIBC to set targets

CIBC plans to set formal targets this year for the number of women on its board of directors and in executive officer positions, the bank's CEO said.

"In business, people respond to targets," Victor Dodig said during a roundtable hosted by the Ontario Securities Commission on the issue of gender diversity on corporate boards.

In a joint initiative with other securities regulators, the OSC released a review Monday of a new "comply and explain" policy that requires publicly traded companies to disclose certain statistics around the representation of women on their boards and in executive officer positions.

THE CANADIAN PRESS

market minute

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TSX 13,036.96 (+32.38)

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GOLD $1,126.80 US (-$4.90)

NATURAL GAS: $2.586 US (-8.4¢)
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IN BRIEF

Hudson's Bay cutting jobs in Toronto and New York
Hudson's Bay is laying off 265 people. Company spokeswoman Tiffany Bourre says the cuts will affect a variety of jobs but will mainly be from its corporate offices in Toronto and New York. Bourre says the majority of the layoffs are in the New York offices. The company, which was founded in 1670, employs close to 45,000 people around the world.
THE CANADIAN PRESS

Snowden joins Twitter, immediately follows NSA
Edward Snowden, the former National Security Agency worker, who leaked classified documents, opened a Twitter account Tuesday. He had more than 185,000 followers an hour after his first tweet, "Can you hear me now?" He is following just one account: tweets from the National Security Agency.
The account has a check mark, indicating it was verified by Twitter.
THE ASSOCIATED PRESS

metro VIEWS

Digital ID: Your fingerprints may provide a clue about where you're from and what you look like — researchers found similar patterns occur in people of the same ethnic heritage.

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

Our office allows shorts on casual Fridays during the summer, but now it's back to long pants. This is unfair because women are still allowed to wear short skirts and dresses. Should I protest?

Dear Ellen,

Our office dress code allowed shorts on casual Fridays during the summer, but now it's back to long pants for everyone. This is unfair because women are still allowed to wear short skirts and dresses year-round. Should I protest?

Patrick, Edmonton

Dear Patrick,

I'm of the view that great swaths of naked flesh are not appropriate for any respectable workplace, and I could even use the etiquette argument that covering up as per the rules makes for a more comfortable and productive office where no worker need be distracted by semi-nudity at the next desk.

That being said, your question raises some interesting issues around civil rights and sexism.

Assuming your office is indoors and your duties don't require a hazmat suit or fire-retardant underwear and you haven't signed a contract agreeing to wear a company uniform or abide by any other rules re: clothing and accessories, you can pretty much wear whatever you like to work in this shining democracy we call Canada. That's barring any contravention of the Criminal Code, section 173's dictates on indecent exposure.

If you're challenged by the brass, you can always take it to court. You have a good chance of winning, as other Canadian workers have, over the years, won the right to wear pantsuits (for women) or earrings and sideburns (for men).

You'd be breaking no rules of etiquette by defying your company's dress code. It's always good manners to stand up for what you believe in.

Personally, I might choose a different battle to risk my job over, like: are the skirt-wearing non-male people in your office being promoted and paid equally, while elsewhere in our shining democracy women earn 74 cents for every dollar earned by men? Does your company support recycling? Is there one flickering fluorescent light that is giving you migraines, but no matter how many times you complain nothing happens? And you swear to God one day you are really going to lose it and take that cheap ugly broken coat stand and smash those flickering white tubes to pieces? And then mercury vapour will infect the entire office and is that what they want?!

But that's just me. If baring your lower limbs to the people you work with is a civil-rights issue you truly believe in, I wholeheartedly support your right to go ahead and protest.

As for your complaint that the rule is sexist, one might argue that, good lord, man, women are making 74 cents on your dollar and now you're whining because they get to wear dresses? But I am not that person. I think all sexist rules are all bad, no matter who seems to benefit. And the dress thing is not always a benefit. While waiting tables at one of several disgusting restaurants during university, I was once required to wear a bust-enhancing Bavarian-fraulein frock made out of some special kind of plasticized polyester that retained the body odour of every previous wearer, no matter how many scalding-hot wash cycles I put it through. And it was a pizza restaurant!

The fact is, "letting" women wear dresses and skirts, and deeming smooth, slim female limbs more acceptable than knobby, hairy male limbs, is just another example of how our patriarchal shining democracy condescendingly idealizes the female form. That reinforces the idea that women are softer and more decorative — i.e., less useful — than brawny men, which then makes it easier to relegate the semi-clothed "skirts" to the 74-cents-on-the-dollar category.

So, Patrick, rest assured that you'd be breaking no rules of etiquette by defying your company's dress code. It's always good manners to stand up for what you believe in. And, if you don't feel like going to the barricades over it, allow me to suggest one other way you can follow the long-pants-or-skirts-only rule and still feel the breeze on your knees.

You can always wear a kilt.

Need advice?
Email Ellen:
scene@metronews.ca

metroview

Vote for public services by ballot, not crowdfunding

Laura Boast
Metro | Toronto

Another heartbreaking narrative, the kind people open their wallets for: high-needs Ottawa schools with pitiful libraries have resorted to competing for funding in Indigo's Adopt a School contest.

The principals' comments on the contest website reveal hints of desperation. "Many of the books on our shelves are terribly out of date," writes Cindy Beauchamp, principal of Queen Mary Street Public School. "Our school demographic is such that we are unable to raise funds for the library on our own."

To win, a school needs to drive the most people to click to "adopt" it on the website. The three schools in each province with the most clicks win the lottery ($10,000, $7,500 or $5,000, respectively, in Indigo gift cards). That's a jackpot, especially at the Young Adult bargains table.

It's a popularity contest to win the proceeds of your cash-register donations to Indigo's Love of Reading Foundation. In other words, crowdfunding for public education. I thought that's what taxes were for.

No one would begrudge a school library new books, and clicking is more efficient than selling chocolate bars. But there's something wrong when schools or public services have to turn to crowdfunding. Not surprisingly, with government cutbacks, it's taking off.

Two years ago, with his city fresh from bankruptcy, the mayor of Central Falls, R.I., turned to the civic crowdfunding site Citizinvestor to raise money for park trash cans.

It was a success: a small number (68) of likely wealthy donors raised $10,000. But the cash won't cover the cost of workers to empty the new trash cans or replacements when the sparkly new cans themselves become trash.

In a larger campaign, a small Welsh town turned to the crowdfunding site Spacehive to get the last $40,000 needed to build a community centre. There was a sense of urgency: government grants for the project were about to run out. The U.K. comic Stephen Fry challenged his four million Twitter followers to donate. Result: the town has a new community centre.

But not everyone has a Stephen Fry. Funding for public resources shouldn't require a celebrity endorsement. It shouldn't be a contest to see who can tell the best story.

Civic crowdfunding is like the Hunger Games: it pits people with equally worthy causes against each other. Like the series' hero, Katniss Everdeen, those with extra strengths (social-media savvy, a great personality) prevail. But it's not just individuals at risk in this very public game — it's the idea of equitable, impartial, fair public funding.

That's what we pay governments for. The more crowdfunding takes over, the less government has to. Public services are always going to be a popularity contest, but I want my vote to be on the election ballot.

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Orange you glad it's October?

IN SEASON

Spice up your fall food repertoire with tasty and versatile pumpkin

Pumpkin is definitely the "flavour du jour" at this time of year, although much of the coffee, tea, chips, cereal, marshmallows, gum and even beer that purport to be pumpkin-flavoured haven't been within a mile of real pumpkin.

Instead, they're made using the spices that give pumpkin pie its distinctive taste — some combination of cinnamon, nutmeg, clove, ginger, allspice and mace.

But if you want the real thing — from scratch — "it requires some work," says Rodney Weisner, chef at the Designer Café in Kentville, N.S.

Weisner confesses that he usually uses canned, unspiced, 100 per cent pumpkin purée in his creations, simply for convenience.

To start with an actual pumpkin is time-consuming and a bit intimidating.

First you have to know there is a difference between carving pumpkins and those used for cooking. Pie pumpkins — also called sweet or sugar pumpkins — are generally smaller, the "meat" is denser, with a less grainy texture, and the skin is easier to peel.

Once you have the right pumpkin, you have to peel it, remove the stringy bits and seeds, then chop it, he says. If using in a stew, for example, the chopped pieces can be added raw. But for every other pumpkin dish Weisner can think of, the chopped pumpkin has to be cooked before it can be combined with other ingredients.

He generally boils it until tender, but it can also be steamed or roasted, even in the shell (after the pumpkin has been cut in half and cleaned out).

Quinoa and pumpkin is a delicious breakfast substitute for oatmeal. THE ASSOCIATED PRESS

Most recipes call for pumpkin purée, which would describe pumpkin out of a can. To make your own, purée cooked pumpkin in a blender or with a handheld blender and then let it drain in a colander or through cheesecloth for a couple of hours to remove excess moisture.

Pumpkin has a natural sweetness, he says, and perhaps that's why it seems to be more commonly found in dessert-type dishes than in savoury presentations.

Pie is the quintessential pumpkin dessert and a holiday tradition in many families. But pumpkin breads, cookies, all kinds of cakes, brownies, muffins, cheesecake, mousse and puddings are also popular.

In terms of savoury dishes, "you can basically insert pumpkin into any recipe where you would use a squash or turnip, such as an ingredient in stew, for example," says Weisner. "It's going to add a sweetness; not as sweet as parsnip, for example, but somewhat similar."

Soup is one of the most common savoury pumpkin dishes, but it can also be used to make pasta, lasagna, risotto, hummus and many other dishes.

One of Weisner's favourites is ravioli made with a pumpkin stuffing, garlic cream sauce and topped with Parmesan cheese. He also likes to add "background heat, a little chili powder or a pinch of cayenne, just to give an interesting flavour note."

THE CANADIAN PRESS

RECIPE

Kick-start the morning with a quinoa-pumpkin breakfast bowl

Quinoa is packed with protein, full of fibre and vitamins, and — bonus! — it's gluten-free. The quinoa breakfast bowl is a quick morning meal that can be easily customized according to your family's preferences. Mix cooked quinoa with milk, flavouring (vanilla, orange zest, coconut, etc.), and heat in the microwave until warm. Top with fruit, nuts and maybe some yogurt, dried fruit or a drizzle of maple syrup. Done. Warm, filling, healthy breakfast bowls that everyone will love.

With fall upon us, this quinoa-pumpkin breakfast bowl will have you feeling positively autumnal.

Start to finish: 10 minutes
Servings: 1

- 3/4 cup cooked quinoa
- 1/4 cup unsweetened vanilla almond milk (or other milk)
- 2 Tbsp pumpkin purée
- Dash of pumpkin spice (or cinnamon and nutmeg)
- 2 tsp maple syrup
- 1/2 banana, sliced
- 2 Tbsp low-fat plain Greek yogurt
- 1 Tbsp chopped almonds (or other nut)

In a microwave-safe bowl, mix together quinoa, almond milk, pumpkin purée, pumpkin spice and maple syrup. Heat in the microwave until very warm, 1 to 2 minutes. Stir, then top with banana, yogurt and nuts.

THE CANADIAN PRESS

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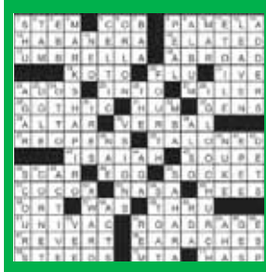

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Fresh off the press

COOKING

Toronto chain releases a book of vegetarian delights

PHOTOS: TORSTAR NEWS SERVICE

It's always a thrill when popular Toronto vegetarian chain Fresh reveals its recipes. Super Fresh is the restaurant's fifth book.

The book

Super Fresh: Super Natural, Super Vibrant Vegan Recipes ($29.99), the fifth instalment in Fresh's cookbook series, offers fans more than 200 "crave-able" recipes for meals, juices, nut milks, shots and green smoothies.

Kyla Zanardi's photos make it clear that this is colourful, dynamic, vibrant food that just happens to be vegan.

On the food front, the chapters include breakfast/brunch, tasters, salads/dressings, soups, sandwiches/wraps/tacos, burgers, bowls, sauces and spreads/mixes/marinades and more.

The Authors

Founder Ruth Tal and chef Jennifer Houston are partners in Fresh Restaurants, which has branches on Bloor Street West, Queen Street West, Spadina Avenue and Eglinton Avenue East.

They've authored four previous Fresh cookbooks — Juice for Life (2000), Fresh at Home (2003), Refresh (2007) and Fresh (2013).

Recipes we're dying to make

Hot banana oat milk, swoosh (power shake), cauliflower benedict, banana nut pancakes, crispy cauliflower bites with Sriracha salt and miso mayo, supergrain soup, oyster mushroom po'boy, Jerusalem bowl and miso gravy.

TORSTAR NEWS SERVICE

RECIPE: TOFU CUBES

This delicious tofu recipe would be perfect to make at Thanksgiving.

Eat the marinated cubes raw if you like, but they're even better if they're coated and cooked. Eat them on their own and in rice or noodle bowls, salads and wraps.

Nutritional yeast is sold in most supermarkets, usually in the organic/healthy section, but is also on bulk and health food stores. The crispy tofu coating was recently made gluten-free, with corn starch replacing wheat germ.

I got 48 cubes from a 350-gram package of tofu. Serves 4.

Marinated tofu
Ingredients

- 1/2 cup apple cider vinegar
- 3/4 cup tamari
- 1/4 cup water
- 1 block extra-firm tofu, cut into 3/4-inch cubes

Directions

1. For marinated tofu, in bowl, stir together vinegar, tamari and water. Add tofu. Turn to coat.

2. Let stand at least 15 minutes or cover and refrigerate up to 2 days.

(You can eat these raw or cover with crispy tofu coating and pan-fry.)

Crispy cubes
Ingredients

- 1 cup large flake nutritional food yeast
- 1/2 cup corn starch or wheat germ
- 1 tbsp garlic powder
- 1/4 tsp each: fine sea salt + freshly ground black pepper

For frying:

- Oil (sunflower, canola or coconut)

Directions

1. For crispy tofu coating, in medium bowl, whisk nutritional yeast, corn starch or wheat germ, garlic powder, salt and pepper. Use immediately or store in airtight container at room temperature in cool, dry place. Makes 1-1/2 cups.

2. To cook, remove tofu cubes from marinade, discarding liquid or reserving for a second marinade. Place about 3/4 cup crispy tofu coating, or more as needed, in shallow bowl. Add tofu pieces and toss until completely coated.

3. In large frying pan, heat 1/2-inch oil over medium heat. Cook tofu until evenly browned, about 1 to 2 minutes per side. Alternately you can do this in batches in a small saucepan with several inches oil so the tofu is submerged.

TORSTAR NEWS SERVICE

LIQUID ASSETS

Take a sip of this magnificent Moscato

While it may seem that sweeter red blends get all the attention, the white Moscato grape has carved out a nice little niche for itself among wine lovers both with and without a sweet tooth.

Moscato is the Italian name for the Muscat grape. Grown for centuries in Italy's northwestern region of Piedmont, where the slightly fizzy Moscato d'Asti is a classic, it's one of the world's oldest vines.

Soft, juicy and with a generally low alcohol level, a Moscato is the quintessential cocktail wine and an easy-drinking companion to a multitude of food, including hard-to-match cuisine like salads, fruit and anything spicy.

Though Italy may lay claim to its origins, today Moscato is grown just about everywhere, including Canada. The typically Mediterranean climate in South Africa embraces the grape, with the lightly tropical Two Oceans 2014 Moscato ($9.95-$12.99) offering a balanced mouthful of thirst-quenching peach and pear.

PETER ROCKWELL/METRO

The perfect plant protein?

SUPERFOODS

Sacha Inchi is high in protein and omega-3 fatty acids

Theresa Albert
For Metro Canada

Sacha Inchi may be the best plant-based protein you have never heard of.

Inca nuts, as they are sometimes known, are the lightly roasted kernel of a seven-foot tropical vine that can produce fruit a few times per year.

The seed of this fruit is harvested from its husk and inedible goopy layer and then roasted into a nutty, crunchy snack much like peanuts or soy nuts.

The most common way to consume it, though, is within a protein powder that you may mix into a sport beverage.

These pricey must-have snacks are still hard to find outside health food stores and online health purveyors.

The nut has been consumed by the Peruvians for millenia as it grows wild in the tropics. The plant fruits a nut that is rich and balanced in all amino acids and has the impressive omega-3 fatty acid profile of fish. It's also full of critical nutrients like vitamins A and E.

The search for a great protein source that's also low in bad fats has led to the soy craze — now winding down thanks to GMO politics.

Fish are another great source of protein that's high in good omega-3 fatty acids, but it comes with its own set of issues like overfishing and ocean pollution.

So is the answer Sacha Inchi?

Not quite — the way the nuts are grown might prevent them from becoming the next "superfood."

Like many ancient tropical foods, they tend to prefer their wild ways and resist cultivation ... so far.

But now you will know what that cool/quirky ingredient is when it shows up as the hot item in your meal replacement or granola bar: The nutty vegan food with an even nuttier name.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

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2006	Ford Taurus	$2,888	#6466	2012	Mitsubishi Spyder Convertible	$14,995	#0655
2006	Ford Crown Victoria	$2,995	#5600	2015	Kia Sorento AWD	$22,888	#6564
2004	Ford Expedition	$3,888	#6280	2015	Buick Lacrosse	$26,995	#6559
2007	Chrysler 300 Limited	$6,888	#6529	2015	Hyundai Genesis	$33,995	#6556
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This season's 'it' colours

Izabela Szydlo
For Metro

Because the '70s ruled this year's fall collections, the season's palette of "it" colours reflects the same time period. That means you better start making way for muted and natural tones, says a top Vancouver fashion stylist.

"What we've seen is a lot of Boho with tan coloured jackets and rich burgundies," said Michelle Addison, who has dressed everyone from stay-at-home moms to business professionals and celebrities. "Burgundy and burnt orange aren't new colours, but you'll see a lot more of them now."

Before you invest in an entire fall wardrobe in the season's trendiest shades, there are some things to consider. First, Addison said, make sure the colours complement your skin tone, but don't dismiss a shade before you actually try it on.

"Women avoid certain colours, but you have to try stuff on to see what works for you," she said. "The way to determine that is mainly by your face. For example, a fair toned person who turns really pink won't look good in yellows. Try stuff on and remain open."

Burgundy isn't new, but you will see more of it. SHUTTERSTOCK

When building your fall wardrobe, Addison said, you must also take into consideration whether you change your wardrobe each season or whether you typically stick to basics and should liven up outfits with pops of those "it" colours.

"Buying into trends in small ways is a lot more economical," she said. "Grab a crossbody bag or cute little ankle boots in burgundy. Find scarves that use fall colours or necklaces in burgundy tones. A clutch is good for the evening."

Once you have found your pieces, it's time to pair them with other colours already in your closet. Adisson suggested marrying burgundy with grey or black and being cautious of turning yourself into a Halloween-themed fashion failure when it comes to orange.

"A burgundy silk top with a skinny jean and a black boot would be a great outfit. Burnt orange looks great with black. However, for other shades of orange you will want to add white to set off the black and orange, and keep yourself from looking like a complete Halloween disaster."

COBALT BLUE

Aside from burnt orange and burgundy, Vancouver fashion stylist Michelle Addison said a colour to watch for is cobalt blue. Not only will it add the right amount of oomph to any outfit, but cobalt blue also has longevity as it will transition well into spring, summer and even winter wardrobes.

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Designs from Eliza Faulkner (left), Allison Wonderland (middle), and Pillar by Allison Wonderland (right). JENNIFER GAUTHIER/METRO

FASHION WEEK

If the first official day of Vancouver Fashion Week had a theme, it would be home grown. Three well-known local fashion designers owned the event's opening shows Tuesday, bringing bright pops of colour and bold prints into otherwise mostly neutral collections for spring-summer 2016. Designer Eliza Faulkner, originally from Duncan, B.C., but now based in Vancouver, injected shades of pink and red, as well as geometric prints into her collection of classic silhouettes. Feminine, flouncy dresses cinched in at the waist contrasted with edgier ensembles of cropped culottes, moto jackets and white sneakers for this spring-friendly collection. Designer Allison Smith showcased two vastly different collections, Allison Wonderland and Pillar by Allison Wonderland, which together aim to help women dress for any occasion they might encounter. Allison Wonderland didn't disappointment with its fitted, ultra-feminine body-hugging dresses in fun and flirty floral prints that would transition well from the office to after-work cocktails, and even to a wedding on the weekend.

THANDI FLETCHER METRO

A gown designed by 15-year-old Tieler James, who is taking part in Vancouver Fashion Week on Wednesday. COURTESY MATT GATES

Hard work pays off for teen designer

Thandi Fletcher
Metro | Vancouver

When Tieler Garsaud gets home from school, the 15-year-old fashion designer sits down at his sewing machine and gets to work.

It doesn't matter if it's midnight or if Tieler, who designs under the working name of Tieler James, has just spent 12 hours in the classroom, the self-taught designer, who lives in New Orleans, La., says there's nothing he'd rather do in his free time.

"It's always what I've wanted to do," he told Metro. "I very rarely ever get a break, but it's all worth it."

On Wednesday, Tieler's hard work will be on display at Vancouver Fashion Week when he debuts his 2016 spring-summer collection.

A student at the New Orleans Center of Creative Arts, Tieler first tried his hand at fashion at the age of seven when he sewed a series of prom dresses.

"They were so ugly and so tacky," he said with a laugh. "I didn't know anything else."

Since then, he said his design aesthetic has evolved dramatically. He described his latest collection of formal wear as a modern twist on classic silhouettes with Renaissance influences.

Tieler's trip to Vancouver is just the latest stop in a whirlwind year for the teen designer. Last year, he was selected to compete on the fifth episode of Project Runway: Threads, which he won.

Since then, he has taken part in Pensacola, Austin and New Orleans fashion weeks.

"It's been kind of surreal," he said. "Before Project Runway, I was kind of a nothing. Once I was on the show and once I won, it kicked me into people knowing who I am and people loving my designs. It's been insane."

Tieler's mother Tahmi Hawsey, who describes herself as his "momager," became emotional when asked how it feels to see her son take part in VFW.

After he dealt with bullying in school when he was younger, Hawsey said seeing him win Project Runway and make a name for himself in the fashion world warms her heart.

Tieler James hits the runway at VFW at 8:50 p.m. Wednesday.

Street Style at VFW

Name:
Eliza Faulkner

Age:
30

From:
"Duncan, B.C., but I live in Vancouver now."

Occupation:
Fashion designer

What I'm wearing:
"This is all my stuff. Except for the shoes. Those are Doc Martens. I try to only wear things I've made from my own collection. Having a small business, it's important to always promote."

My style inspiration:
"I'm inspired by people that look different and unique. I like big shapes right now and I love colour. I think Vancouver is a bit devoid of colour so I like to wear colour. It makes people happy when you wear it and they always ask about it."

CORRECTION

In yesterday's issue of Metro, the name of the Street Style subject was misspelled. It is Gemma Lancashire, not Gemma Lancanshire.

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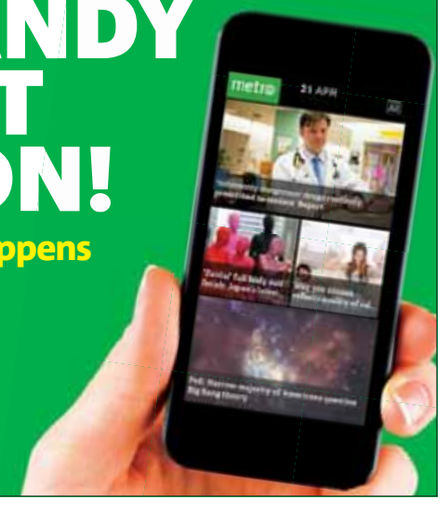

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metro DRIVE

Your essential daily news

Jaguar teams up with British cobbler Oliver Sweeney on two new styles of formal driving shoe

Stick shift a perk in Mazda6

ROAD TESTED

REVIEW

Transmission option, steering impress in 2016 'refresh' model

Jil McIntosh
For Metro Canada

There's no question that, overall, most buyers prefer automatic transmissions, and so that's what most cars have. So it was a pleasure to pick up the 2016 Mazda6 and discover that, in addition to a six-speed automatic, it's also possible to order a six-speed stick shift. And even more unusually, it comes not just in the base model, but can be optioned in all three trim lines.

The 2016 model is a "refresh" rather than a new model, with better seats, quieter cabin, and new interior and exterior styling. It's a very handsome car with its swept-back styling and, on my top-line GT trim, LED headlights and running lights, along with a light bar that follows the edges of the grille.

Although its name has a six, that's not what's under the hood. Instead, all models get a 2.5-litre four-cylinder that makes 184 horsepower. That might not sound like a lot on paper, but it's a gutsy performer when you're behind the wheel. The shifter only needs a light touch to click precisely into each gear, and the clutch takes up smoothly. The steering is equally accurate and quick to respond, but despite its nimble nature, this Mazda actually feels bigger than it is.

The interior is quite handsome, especially with my tester's black-and-white leather upholstery. The infotainment screen is a tablet atop the dash, which you're going to be seeing in many more vehicles because it keeps your eyes up while you're looking at it, and frees up space in the centre stack.

But the climate control buttons and display are small and require too much attention. The GT trim also includes a driving display that shows your speed and other info right in front of you. Pricier cars project it onto the windshield, but the Mazda6 uses a pop-up plastic screen that, while useful, looks tacked-on and cheap.

Those quibbles aside, Mazda has turned out a very impressive ride here, both in its looks and how it performs. And if you like a stick shift, it just gets better.

> **"it's a gutsy performer when you're behind the wheel.**

THE CHECKLIST | 2016 MAZDA6

THE BASICS

Type. Four-door, five-passenger midsize sedan
Engine (hp/torque). 2.5-litre I4 (184/185)
Transmissions. Six-speed manual or six-speed automatic
Price. Base $24,695, as-tested $32,895

COOL FEATURES

- Front and rear heated seats
- Electronic parking brake
- Heads-up display
- Regenerative electric system
- Adaptive cruise control
- Forward collision alert with braking
- Automatic high-beam headlights

JIL MCINTOSH/FOR METRO

POINTS

- The Mazda6 was the 2014 Canadian Car of the Year, voted by the Automobile Journalists Association of Canada (AJAC).
- The voice command on the available navigation lets you say the entire address at once, instead of line by line.
- The automatic is extra-charge in the base GX, but either transmission comes at the same price in the GS and GT.

MARKET POSITION

Mazda's "SkyActiv" is a variety of fuel-saving technologies, including lightweight materials and drivetrain optimization. The company says gasoline isn't going away any time soon, and it prefers to use this instead of electric or hybrid vehicles.

THE COMPETITION

Hyundai Sonata
Base price: $23,999

Ford Fusion
Base price: $22,899

Toyota Camry
Base price: $24,100

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Model shown: Pilot Touring YF4H9FKN

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$1,500†

Cash purchase incentive on select 2015 models

MSRP $30,045** includes freight and PDI.
Model shown: CR-V Touring RM4H9FKNX

2015 **ACCORD**

$2,000†

Cash purchase incentive on select 2015 models

MSRP $25,745** includes freight and PDI.
Model shown: Accord Touring CR3F9FKN

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†$1,500/$2,000/$5,000 Honda cash purchase incentive is available on select 2015 CR-V models (LX AWD, SE, EX, EX-L, Touring), select 2015 Accord models (2D EX, 2D EX-L Navi, 4D LX, 4D Sport, 4D EX-L, 4D Touring) and every 2015 Pilot model. Honda cash purchase incentive will be deducted from the negotiated price after taxes and cannot be combined with special lease or finance offers. **MSRP is $30,045/$25,745/$37,095 based on a new 2015 CR-V LX AWD RM4H3FES/Accord 4D L4 LX 6MT CR2E3FE/Pilot LX 5AT 2WD YF3H2FE including $1,695/$1,695/$1,695 freight and PDI. Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, which are both due at time of delivery and covered by the dealer on behalf of the customer. Offers valid from September 1st through 30th, 2015 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

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2014 KIA SOUL SX LUXURY

18,000 km's. Active ECO Fuel management system, fog lights, projection headlights, A/C, automatic climate control, Bluetooth, AM/FM/CD/MP3 stereo (voice activated), smart key with push button start, power adjustable driver seat, navigation, power sunroof.

SALE PRICE: $23,888

2014 KIA FORTE 4 SE

This edition adds to the already many features of the LX Plus a Remote Start, Heated Steering wheel, HEATED FRONT and REAR seats, voice activated and voice recognition BlueTooth and audio controls. Telescoping steering wheel with wheel mounted audio controls.

SALE PRICE: $14,888

2014 KIA OPTIMA EX

The 2014 Optima is a beautiful sedan with a powerful and fuel-efficient engine, good ride and handling balance, less than 19,000kms, 192hp and 181ft-lb of torque, leather seats, power sunroof, A/C, heated front seats.

SALE PRICE: $19,888

2015 KIA RIO LX

Automatic, less than 4800kms, 164hp and 156ft-lb of torque, Air conditioning, Heated front seats, Temporary spare tire, Electric power steering (EPS), Flex Steer system, AUX/USB input ports, Bluetooth wireless technology.

SALE PRICE: $18,888

2015 CHRYSLER 200 S

S model, loaded, leather interior, navigation, power moonroof, only 8,000kms, 9-speed 948TE automatic transmission, 18" carbon aluminum wheels, UCONNECT 5.0.

SALE PRICE: $27,988

2014 KIA FORTE5 5 EX

Less than 19,000kms, 173hp and 154ft-lb of torque, leather seats, sunroof, A/C, heated front seats, alloy wheels, 6 airbags (Advanced dual front, dual front side and dual curtain), 4-wheel disc brakes, Anti-lock brakes (ABS).

SALE PRICE: $16,488

2015 KIA RONDO SE

Less than 10000kms, 164hp and 156ft-lb of torque, Air conditioning, Heated front seats, Temporary spare tire, Electric power steering (EPS), Flex Steer system, AUX & USB input ports, Bluetooth wireless technology, Impact-sensing door unlock, 6 speakers.

SALE PRICE: $18,888

2014 DODGE JOURNEY SXT

The 2014 Dodge Journey SXT is a great pick for families on a budget. It offers useful interior storage solutions and a smart touchscreen interface. It includes A/C, CD/AM/FM stereo, AUX audio input and USB with external media control. Rear window wiper.

SALE PRICE: $15,888

2006 PONTIAC G6 GT

Great Price, combined with Heated Leather Seats, Panoramic Sunroof and SO much more. This G6 Coupe is equipped with a 3.5 Liter V6 engine that provides Awesome performance for the value.

SALE PRICE: $2,999

2011 CHEVROLET EQUINOX 2LT

AWD, V6 engine, split folding rear seats, emergency communication system, wireless phone connection, Bluetooth, heated front seats, A/C, automatic temperature control, power driver seat, power steering, alloy wheels.

SALE PRICE: $19,888

2012 KIA SOUL SX LUX

164HP with an Active ECO Fuel Management System paired with a 6 speed Sportmatic Automatic Transmission, panoramic sunroof, rear view camera, push button start, front led positioning cameras, split folding rear seats.

SALE PRICE: $15,888

2005 FORD FREESTYLE LTD

V6 engine, A/C, memory seat, front dual zone and rear A/C, power moonroof, heated from seats, power steering, alloy wheels, fully automatic headlights, front fog lights, rear parking sensors.

SALE PRICE: $7,888

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Getting app-happy

TECHNOLOGY

Carmakers offer up facial recognition, retrofitting

From helping to make stylistic decisions to providing a seamless breakdown service, carmakers are getting increasingly creative with their smartphone apps and connected platforms. This was aptly demonstrated by the latest offerings from Bentley, Mercedes and Vinli at this year's Frankfurt motor show, which ran Sept. 17 to 27:

Bentley Inspirator

Bentley's new app is designed to help clients customize and choose from the growing number of leather wood and paint palettes on offer when specifying their luxury cars. When launched on a smartphone or tablet, the Bentley Inspirator app uses the device's front-facing camera to monitor the user's facial expression while he or she watches specially curated and developed static and video imagery. Based on what it interprets are the emotional responses, the Inspirator will generate a bespoke Bentley for the user, with colours, materials and textures that it believes will have the greatest emotional impact.

The new Mercedes Me app for iOS and Android. DAIMLER AG

Mercedes Me

Like other smartphone and smartwatch apps for premium vehicles, Mercedes Me offers remote diagnostics information, live traffic updates and can do things like lock and unlock doors, close windows and activate alarms. Furthermore, users can access a host of the company's services such as maintenance and accident recovery.

However, mobile device technology evolves far more quickly than that inside cars. To combat this, Mercedes also announced the Mercedes Connect Me adaptor: a little box that can be retrofitted to a host of existing Mercedes models built over the last decade.

Vinli Carport

Less of a standalone app and more of a suite of car-focused and related services, Vinli already offers drivers a diagnostics port adaptor that communicates with a smartphone app in order to track things like fuel economy and mechanical issues.

However, at the Frankfurt motor show, Vinli announced that it's bundling tech into a new platform that carmakers will pre-install in new cars. "There is a huge need for automakers to offer enhanced connectivity capabilities that sync with the connected consumer's rapidly evolving environment," said Vinli's VP of automotive, Mark Spain. "We are thrilled to be the first to present this holistic offering to automotive OEMs (manufacturers)."

The company hasn't confirmed which carmakers will be the first to bring Carport to their dashboards or given any idea of timeline. AFP

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Bulls guard Derrick Rose will have surgery after suffering a left orbital fracture on the first day of practice

New Raptor reflects on carving his own path

NBA TRAINING CAMP

Biyombo left Congo at 16 to explore talent

There are 16-year-olds for whom the biggest decisions are when to get their driver's licences, kids who wonder about how they'll spend Friday night or the weekend or who they might have their eye on as the girlfriend or boyfriend of the moment.

To them, those are the complications of life and they are decisions that weigh heavily.

Bismack Biyombo?

He sat down with his parents as a 16-year-old and told them he was leaving the Republic of Congo, his home and a loving, caring family to move to Yemen to explore his sporting talents.

And to find himself.

Biyombo sat at Raptors training camp in Burnaby on Tuesday, a worldly, accomplished, well-spoken 22-year-old with a firm grasp on who he is and what's important in the world.

"I just wanted to get out there and learn and see how the world is outside of my family," the new Raptors centre said. "You grow up with your family and it's great, but you get to live by yourself and understand the meaning of life.

"It was a gamble, but at the same time it was a challenge. I told my parents, 'If I ever fail, I think I will come back to school and finish school and be a good citizen.' My goal also wasn't to go and fail, my goal was to go and do it. I got out there and did what I had to do and I'm thankful it turned out to be the way it did.

"I embraced every single moment."

The move — from his home in Lubumbashi with the full blessing of his mother Francoise and his father Francois — started Biyombo on an incredible journey. He was a teenage basketball phenom in Yemen and turned that into contracts with a handful of organizations in Spain, which eventually led him into becoming the seventh pick in the 2011 NBA draft.

> **My goal also wasn't to go and fail, my goal was to go and do it.**
> Bismack Biyombo

Along the way he's become as grounded a young man as exists in the NBA today.

Raptors president and general manager Masai Ujiri's ties to his African heritage are as strong as Biyombo's are to his.

They knew each other when Biyombo was emerging as a talent, but have always had a mutual respect and love for their continent that has endured. Biyombo and Ujiri spent time at clinics and camps and an exhibition game in Africa in the summer cementing a bond that transcends basketball.

"I'll tell you the truth, I love Africa," Biyombo said. "Obviously Masai has done an amazing job for a lot of young kids by giving them an opportunity in their life and that's what I'm trying to accomplish. We have people looking up to us as leaders in Africa and obviously it's good opportunities to work with all these guys and Masai himself."

All because a teenager sat with his mother and father and told them it was time to find out what the world was like — and what he was like.

"More than anything, it's just thanking my parents … without my parents, I should not be who I am today," he said. "They have helped me from Day 1, they have supported me. I know it wasn't easy." TORSTAR NEWS SERVICE

Bismack Biyombo works out at Raptors training camp on Tuesday in Burnaby. DARRYL DYCK/THE CANADIAN PRESS

MLB

Blue Jays eye AL East title on doubleheader day

Members of the Blue Jays play catch at Baltimore's Camden Yards, where Tuesday night's game was postponed due to rain. GAIL BURTON/THE ASSOCIATED PRESS

Put the champagne back on ice. The Toronto Blue Jays will have to wait at least another day to try to clinch the American League East.

Their game Tuesday night at the Baltimore Orioles was postponed because of rain, forcing a doubleheader Wednesday at Camden Yards.

Toronto has already assured itself at least a spot in the AL wild-card game and has a magic number of one to clinch the division with the Yankees' loss at home to the Boston Red Sox on Tuesday night.

> **Every game's been meaningful.**
> Troy Tulowitzki, who is expected to return from injury sometime this week

The single-admission doubleheader starts at 4:05 p.m. Marcus Stroman (3-0, 1.89 earned-run average), who was scheduled to start Tuesday, will take the mound for the first game and R.A. Dickey (11-11, 4.00 ERA) the second. Miguel Gonzalez (9-11, 4.85) starts Game 1 for Baltimore and Kevin Gausman (3-7, 4.49) Game 2.

Ace David Price (18-5, 2.45) remains on rotation to start Thursday. It would be his final start of the regular season and put him on extra rest for Game 1 of the AL Division Series or a wild-card game.

By that point, the Blue Jays could be aiming for the top seed in the American League and home-field advantage throughout the playoffs. THE CANADIAN PRESS

IN BRIEF

Lulay cleared to practise

The B.C. Lions announced Tuesday that quarterback Travis Lulay has been removed from the team's six-game injured list, enabling him to practise this week.

The 32-year-old pivot hurt his left knee in the Lions' 25-16 victory over the Montreal Alouettes on Sept. 3.

John Beck and Jonathon Jennings have both seen time under centre in Lulay's absence.

The Lions (4-8), who have lost three straight and five of their last six, host the Saskatchewan Roughriders (2-11) on Saturday. THE CANADIAN PRESS

Bombers QB calls it quits

Winnipeg Blue Bombers quarterback Robert Marve has retired.

Marve cited health concerns as the reason for his decision. He suffered a season-ending knee injury while filling in for banged-up starter Drew Willy.

"I'll deeply miss the on-field competitiveness, but this is the right decision for me and my long term health," Marve said in a statement.

Marve, 26, started two games this season. THE CANADIAN PRESS

Jets cap comeback win over Sens in overtime

Mark Scheifele scored two minutes into 3-on-3 overtime to give the Winnipeg Jets their first pre-season victory with a 4-3 win over the Ottawa Senators on Tuesday.

Blake Wheeler, Drew Stafford and Andrew Ladd also scored for Winnipeg (1-2-2). Ondrej Pavelec made 22 saves.

Ottawa (1-3-2) had a 3-0 lead heading into the third period after goals from Milan Michalek, Zack Smith and Jean-Gabriel Pageau. Michalek also had an assist.

Craig Anderson started in net for the Senators, but after stopping each of the 17 shots he faced, he made the planned switch with Andrew Hammond 9:06 into the second period. Hammond stopped eight of the 12 shots he faced. THE CANADIAN PRESS

Bayern Munich striker Robert Lewandowski scored three times against Dinamo Zagreb Tuesday giving him 10 goals in his last three matches. ALEXANDER HASSENSTEIN/BONGARTS/GETTY IMAGES

Jose doesn't get his way in Porto

CHAMPIONS LEAGUE

Chelsea's struggles seep into Europe

Jose Mourinho's season took another turn for the worse on a night of surprises in the Champions League.

With Chelsea floundering in 14th in the English Premier League, a win at Porto on Tuesday would have been a much-needed boost, but instead Mourinho watched a 2-1 defeat at the hands of the club he led to the Champions League title in 2004.

Mourinho said his team paid the price for "two ridiculous mistakes" in defence as Yacine Brahimi and Maicon's goals powered the Portuguese team to victory.

Arsenal fared no better than its London rival, losing 3-2 at home to Olympiacos. That leaves Arsenal bottom of Group F with rapidly shrinking hopes of qualifying for the knockout stages. Another surprise was in store in Belarus, where BATE Borisov upset Roma 3-2.

However, Barcelona pulled off a dramatic escape to avoid defeat against Bayer Leverkusen, scoring in the 80th and 82nd minutes to turn defeat into a 2-1 home victory.

"We are the European champions and we knew that in the second half we had to show it," said Luis Suarez, who scored the winner.

Mourinho's former club went ahead in the 39th when Brahimi beat Branislav Ivanovic and Gary Cahill on the left, with goalkeeper Asmir Begovic pushing away Brahimi's shot only as far as Andre Andre who fired a first-time volley into the net.

THE ASSOCIATED PRESS

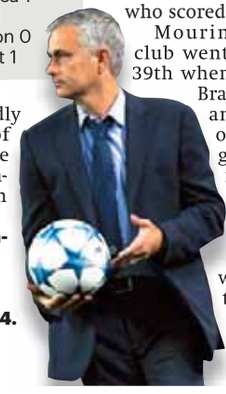
AROUND EUROPE

GROUP E
Barcelona 2, Leverkusen 1
BATE Borisov 3, Roma 2

GROUP F
Bayern 5, Dinamo Zagreb 0
Olympiakos 3, Arsenal 2

GROUP G
Dynamo Kyiv 2, Maccabi 0
Porto 2, Chelsea 1

GROUP H
Valencia 1, Lyon 0
Zenit 2, Gent 1



Jose Mourinho's career took off when he coached Porto to the Champions League title in 2004. ARROYO MORENO/ GETTY IMAGES

IN BRIEF

FIFA bans Warner for life

Four years after stepping down in disgrace, former FIFA vice-president Jack Warner was banned from soccer for life on Tuesday, accused of repeated acts of bribery related to World Cup bidding votes.

Warner, a long-time ally of president Sepp Blatter, is currently fighting extradition from Trinidad and Tobago on U.S. charges of racketeering, wire fraud and money-laundering.

THE ASSOCIATED PRESS

Brady calls an audible on endorsing Trump

New England Patriots quarterback Tom Brady says his comments that he hopes Donald Trump will win the presidency were taken out of context and an example of why he tries to say as little as possible when speaking publicly.

"I don't even know what the issues are. I haven't paid attention to politics in a long time," Brady said on Boston radio.

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RECIPE Halibut Tacos with Strawberry Salsa

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We know, fish and fruit seems a little odd. But trust us, you'll love this combination.

Ready in
Prep time: 15 minutes
Serves 4

Ingredients
- 1 pound halibut fillets
- Olive oil
- 1/4 tsp ground coriander
- 1/2 tsp ground cumin
- 1 tsp ground garlic
- 1/4 tsp pepper
- 1/2 tsp salt, divided
- 6 to 8 small corn tortillas
- 1 cup hulled and diced strawberries
- 1 cup watermelon cubes, diced
- 1/4 cup diced red onion
- 1 Tbsp lemon juice
- 1 Tbsp fresh chopped cilantro
- 1 avocado, sliced for garnish

Directions
1. Preheat the oven to 450 degrees. Prepare a rimmed baking sheet. Place fish on the pan and give each piece a coating of oil.
2. In a small bowl, whisk the coriander, cumin, garlic, pepper and a 1/4 teaspoon of the salt. Sprinkle the fillet with the mixture to coat.
3. Cook the fish until the colour is opaque and the meat flakes with a fork, about 10 to 15 minutes. Wrap a stack of tortillas in a moist tea towel and place in a casserole dish and cover with a lid or aluminium foil. Place in the oven for 10 minutes to warm.
4. In a medium sized bowl, mix strawberries, watermelon, onion and lemon juice. Sprinkle with the cilantro and remaining 1/4 tsp of salt and toss.
5. Serve fish flaked into large pieces with tortillas, salsa and slices of avocado.

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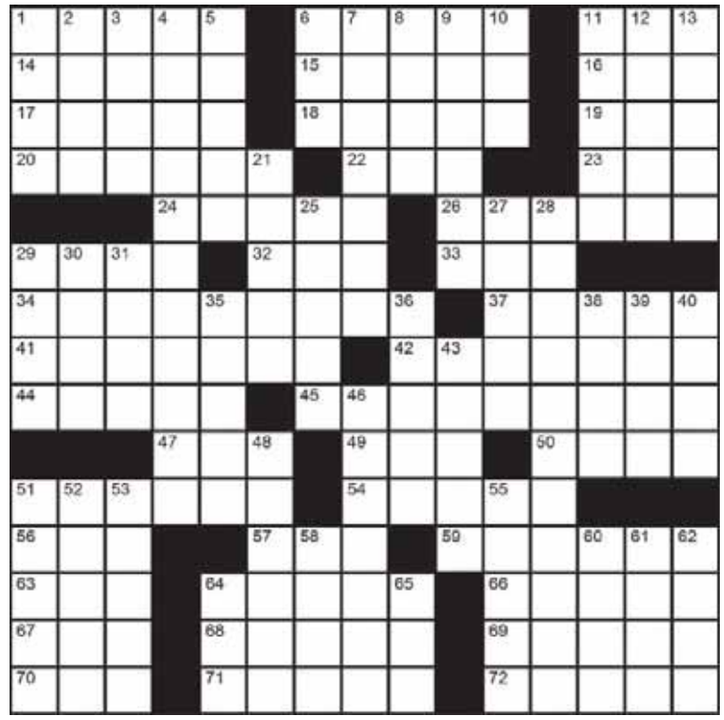
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "Sunny Came Home": 1997 hit for _ Colvin
6. Adjust
11. Slugger's prop
14. Electronics brand of Japan
15. Other: French
16. Gladiator's 3
17. Gas and elec., e.g.
18. Li'l agenda
19. Task
20. Comedy muse of ancient Greece
22. Paranormal power, puny-ly
23. Not new, quaint-style
24. Maiden name of Morticia Addams
26. Clear, in the Court
29. Up for it
32. Dunk a bit
33. Not me
34. Goes to the fitness club
37. "For Whom the Bell Tolls" (1943) character
41. Fly south as a bird in Fall
42. "Let's Shake" by Hamilton band _ Head
44. Gin flavourings
45. Airline ticket booking specification
47. 19 TV _. (Production co. for "American Idol")
49. Mr. Byrnes of "77 Sunset Strip"
50. Vegetables of Japan
51. Plum _, Manitoba
54. Seize power
56. Be decisive
57. Race the engine
59. Shoplift
63. Currency in Romania
64. Mother: Spanish
66. Like a "Happy Days" geek
67. Flub
68. Army assistants
69. Audience members face one
70. _ Francisco
71. Near
72. "Melrose Place" actor Rob

DOWN
1. Deer's tail type
2. Hell _ no fury...
3. Largest continent
4. Alex Trebek portrayer in 'Celebrity Jeopardy!' sketches on "Saturday Night Live": 2 wds.
5. Negative response to the Drill Sergeant: 2 wds.
6. Small batteries
7. Gilles _, Bloc Quebecois leader
8. Football players, e.g.
9. Give money in advance
10. Mr. Knight
11. Jewel
12. Garlic sauce
13. Himalayas land
21. Accountant's review
25. Tightwad
27. Made do
28. The Dionnes famously
29. Jewels
30. Botanical leaf-to-stem angle
31. 1955 hit for Joan Weber: "Let _ _ Lover"
35. Hereditary social class
36. Diamond _ (Some earrings)
38. Grease
39. Currency exchange fee
40. Donald Trump and Jeb!, for short
43. Result in, eventually: 2 wds.
46. Bodies of work
48. Run off the track
51. Nat and Natalie
52. Maureen Forrester's music
53. About-face on the road
55. Gargle
58. Taro root
60. University house, e.g.
61. Border
62. Whiskey grains
64. Big _ (McDonald's order)
65. 'Legal' suffix

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't let your rivals see that you are worried. Today's Sun-Mercury link may give them the upper hand but you are under no obligation to make things easy for them. Act confident.

Taurus April 21 - May 21
You are tempted to retreat from the world but that would be a mistake. Ignoring your problems now is sure to make them worse in the long-term, so get out there and fight.

Gemini May 22 - June 21
If you have complicated plans on the go then it might be wise to postpone them for a day or two. Mercury's link to the Sun today suggests either that something is missing or that you have not thought things through.

Cancer June 22 - July 23
Your feelings for a certain person are likely to come to the fore and that could cause problems. Why? Both of you are already committed elsewhere and that spells trouble!

Leo July 24 - Aug. 23
Be wary of anyone who goes out of their way to do you a good turn today. That might sound cynical but the planets warn it is possible that someone you upset a long time ago is looking to get even.

Virgo Aug. 24 - Sept. 23
You are in an adventurous mood. You certainly have no intention of sitting around in the same old places, doing the same old things. But don't pressure others to move with you.

Libra Sept. 24 - Oct. 23
You can, if you wish, force your views and opinions on other people but it won't do you much good. No matter how persuasive and powerful you are today others will switch back to their old ways and beliefs tomorrow.

Scorpio Oct. 24 - Nov. 22
You may be a bit depressed, but console yourself with the thought that there are billions of people who would happily change places with you. Stop feeling sorry for yourself.

Sagittarius Nov. 23 - Dec. 21
If you take a certain course of action you are likely to regret it in the long-term, so why are you still pushing ahead? No doubt it has something to do with your stubborn nature.

Capricorn Dec. 22 - Jan. 20
Don't try to pretend that things are better than they are. The only way to succeed is to be brutally realistic, both with yourself and others.

Aquarius Jan. 21 - Feb. 19
It does not matter if you are in the right, the fact is you don't have your hands on the levers of power and that means you need to be careful. Don't pick fights with people you know you can't beat.

Pisces Feb. 20 - March 20
A colleague you think you can trust is not being entirely honest with you. Take heed if a friend warns you against this person — it may look like jealousy but the fact is they don't want to see you get hurt.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

8			1		2	6		
		6			9	8	7	
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	2	7	6			9		
		4	5		3			1

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